VISIT…

Samskaras and Upasana for personality development and individual excellence- a framework to Human life

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Agenda

- Why we need Samskaras?
- What are Samskaras?
- Purpose of Samskaras-Popular and Cultural (refined)
- Important Samskaras
- Constituents of Samskaras
- Prarthana and Upasana
- True significance of Upasana
- Samskaras and upasanasand Individual Excellence and personality development

scriptures

- Love all people and creatures
- Difficulties in Implementation
- Lessons from Nature
- Divinity is present in all creatures
- Selfless LOVE and CREATIVITY are al the qualities of Divinity
- Not getting manifested in Human beings due to previous impressions or vasanas(Negative impressions)

Meaning of Samskaeas?

- ‘To refine’ or ‘To purify’ the vasanas or impressions formed through previous karma
- Samskarah is giving shape to such excellent qualities as inner balance, refinement and polished and civilized behavior .
- Samskarah also means an obligatory sacred **rite or a religious ceremony or a rite of passage.**

Popular purpose

- The Removal of Hostile Influences
- Attraction of Favorable Influences
- The Material gain
- Samskaras as a means of Self-expression (Social purpose)

Other purpose

- Cultural purpose:
  - Help in purification of bodily impurities such as seminal and uterine impurities
  - Social privileges and rights were also connected with the Samskaras.
- Moral purpose
  - Prepares and equips the person to acquire the ‘eight good qualities of the soul,(Atma gunas)
  - viz., mercy, forbearance, freedom from envy, purity, calmness, right behavior, and freedom from greed and covetousness

Development of Personality

- Cover the full span of life, including the life after death through the cult of soul
- They guide and direct the life of an individual according to his growth to live a full life of discipline and his energies flowed into a well-guarded and purposive channel

. Spiritual Significance

- Hindus transformed the Samskaras into a spiritual Sadhana.
- They are an outward visible sign of an inward spiritual grace.
- Hindu looked beyond the ceremonial performances and felt something invisible which sanctified his whole personality.
- So, for the Hindus the Samskaras were a living religious experience and not a dead formalism.

Spiritual significance….

- Samskaras make the body a valuable possession, purify and sanctify it, so that it might be a fitting instrument of the spiritual intelligence embodied In It.

- Through them the recipient realizes that all life, properly understood, is a sacrament and every physical action should be referred to, and connected with, the spiritual reality

16 important Samskaras

- Garbhadana
- Pumsavana
- Simanta
- Jatakarma
- Namakaran
- Nishkramana
- Annaprashana
- Karnavedha
- Chudakarana
- Vidyarambha
- Upanayana
- Samavartana
- Vivaha
- Vanaprastha
- Sanyasda
- Antyeshti

Constituents of Samskaras

- Fire (Agni)
- Water
- Prayers
- Sacrifices

Upasana-Significance

Prarthana and Upasana

- Prarthana (Prayer): Requesting for some benrfits from GOD.
  - One develops a faith in the POWER of the Almighty
  - Eventually asks for benefits of a lasting nature.
- Upasana means Sitting near GOD or moving closer to GOD; becoming more intimate to GOD

Upasdana methods

- Pooja
- Japa
- Dhyana (Neditation)

Upasana

- GOD is the parent for all of us.
- As a parent GOD has provided us all the things necessary to lead healthy and prosperous life
  - Intellect, Healthy emotions, Physical energy

True Upasana

- True upasana is expressing gratitude to GOD for all that he has provided.
- Fulfilling HIS expectations by properly making use of all that HE has providided.
- Make the PARENT proud of you.
- Offering all successes at his feet (Samapana bhava) and treat all that we receive in this world as HIS prasada
- Upasana as a Role model concept
  - RAM as a Role model for Hanuman

True Upasana

- Connecting oneself to the source of CREATIVITY and LOVE.
- Any good conductor of heat becomes hot if connected to a source of heat;
- Electrical devices connected with a power generator get charged by the electrical current
- Similarly, a true devotee starts receiving the grace and glow of DIVINITY by upasana

Enablers of Excellence

- Negative tendencies are washed away and energies are channelrd to purposeful action
- Development of Discipline and focused action
- Development of Holistic personality
- Connection to Supreme force develops creativity.

With Samskaras and Upasana

a person is

Physically energized

Emotionally connected

Mentally focused

and

Spiritually aligned